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Housekeepers' Chat

Thursday, Feb. 27, 1930.

NOT FOR PUBLICATION

Subject: "Cooking Winter Vegetables for Variety." Information from Mrs. Fanny Walker Yeatman, Bureau of Home Economics, U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes."

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"I do wish," said a friend of mine the other day, "I do wish that some one would invent a new vegetable."

She was trying to plan a dinner menu, and it seemed to her that she had given her family every vegetable on the market. They were tired of them all.

She knew how important it is to the family health to have plenty of vegetables, and some fresh ones, this time of the year. She knew a great deal about vitamins and minerals, and she was trying to plan meals just right in food value, appetizing, and "different" enough, day after day, to keep the family guessing.

How could I help my friend? I took her to call on the Recipe Lady of the Bureau of Home Economics.

"Come in," said the Recipe Lady, "and tell me what I can do for you."

We told the Recipe Lady our plight -- we told her we were sadly in need of a new vegetable.

The Recipe Lady pondered. From her apron pocket, she took a lead pencil.

"I can't produce a new vegetable," said she, "but I will make you a list of the different ways to cook our common winter vegetables. Perhaps I can give you some new ideas about cooking the old standbys."

"Take carrots, for instance -- have you tried carrots sliced and fried with apples? Or have you served mashed carrots?"

We admitted we hadn't. We asked her how to prepare mashed carrots.

"Cook the carrots until they are tender," said the Recipe Lady. "Then drain them, press them through a colander or potato ricer, add cream, and season with salt, pepper, and butter. And have you tried carrots served whole, with parsley butter? The flecks of green over the yellow give a pretty color combination, and the lemon in the parsley butter adds a pleasing flavor."

"Then there's celery," continued the Recipe Lady. "Celery need not always be served raw. Take the outside stalks of celery, those which are not

tender nor attractive for the table, and cut them into pieces one inch long. Mix with well-seasoned meat drippings, put in a shallow pan, and bake in the oven until tender. This delicious combination is known as Braised Celery.

"Have you ever used chopped raw celery in fritters? Use it just as you would canned corn. Or, stew the cut celery with canned tomatoes.

"Cabbage, too, commonplace as it often seems, has no end of possibilities. Try it shredded, simmered in milk for 5 minutes, then thickened slightly with blended flour and butter, and salt and a little cream added. You will be surprised at the sweet delicate flavor, crispness, and attractive color. Scalloped cabbage and apples may be new to you. In a greased baking dish, make a layer of shredded cabbage, add a layer of pared, cored, and sliced apples, sprinkle lightly with sugar and salt, dot with butter, and cook in the oven until the cabbage and apples are tender. Or, with the same method of cooking, use shredded cabbage, cooked spaghetti, and cheese, cover the top with buttered bread crumbs, and bake until the crumbs are golden brown. And don't forget cabbage salads. Chopped raw cabbage with cream cheese dressing is delicious, and for variety so is pineapple and cabbage salad with mayonnaise.

"Canned corn is excellent in fritters or corn pudding. To get that perfect custardy effect in corn pudding, set the pudding dish in a pan of hot water, and bake in a very moderate oven. Gradually the pudding mixture will set, and it will not be watery from overcooking in too hot an oven. There is also corn rabbit -- a most appetizing lunch or supper dish, made with canned corn, tomato, and grated cheese, cooked until creamy, and served on crisp toast. Another, that the children especially will enjoy, is corn chowder. Milk, potatoes, and canned corn are the chief ingredients, with onion, salt pork, and parsley to give flavor and color.

"Perhaps I should have headed my list of winter vegetables with onions. If you don't mind the "aroma" of onions, try them French fried one of these brisk, winter days."

"How do you French-fry onions?" we asked the Recipe Lady. "Do you make a cover batter to dip them into?"

"Yes," said the Recipe Lady. "I'll tell you just exactly how to prepare them. To French fry onions, cut them into very thin slices, and separate the slices into rings. Make a thin cover batter by mixing thoroughly 1 cup milk, 1 cup flour, 1 egg, and 1/4 teaspoon salt. Did you get the ingredients for the cover batter? (Please repeat.) Dip the onions into this batter, drain well, and fry in deep fat until golden brown. Spread the fried onions on absorbent paper, and sprinkle with salt. If your family likes onions, you'd better prepare a large quantity, for French fried onions, like potato chips, will keep for a week.

"There's another tasty way to serve onions. Parboil the onions, stuff them with meat and seasoned bread crumbs, and bake until tender. They are just right with spare ribs and other roasts.

"Then there's another savory combination -- onions cut in half, partially cooked, and then baked in well-seasoned tomato sauce. Or onions and

apples fried together are best of all, some people think."

"Combining vegetable flavors, to make more and different flavors, that is one of the chief ways to make meals appetizing, summer or winter."

We thanked the Recipe Lady for her suggestions, and I'm glad to pass them on to you.

By the way, if you want copies of the vegetable recipes she mentioned, I'll be glad to send them to you.

Friday: "A Mid-Winter Dinner"--Baked Beans and Brown Bread."

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